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FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.njtaskforcecan.org

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Notes

Looking for ways to encourage good behavior?

This month's tips are all about positive parenting.

Check them out!

<p>2 Consistency is important. When children break a rule, stick to the consequence you've established.</p>	<p>3 Nothing makes your child feel as important as having your undivided attention.</p>	<p>4 Independence Day Happy 230th birthday America! Enjoy picnics, parades and fireworks!</p>	<p>5 Sometimes we forget to pay attention until a child misbehaves. Remember to praise good deeds too!</p>	<p>6 Make sure everyone who cares for your children understands how you discipline your children.</p>	<p>7 Teaching good behavior takes time, practice and consistency—but it does get easier.</p>	<p>8 Be flexible. As your children grow, they're ready for more responsibility and some changes in rules and limits.</p>
<p>9 Focus on building closeness, openness and trust in your relationship with your child.</p>	<p>10 Sincere praise from a parent is often the best reward.</p>	<p>11 Try to forgive and forget—don't bring up your child's past mistakes.</p>	<p>12 Let your children know you expect honesty and good sportsmanship.</p>	<p>13 When children ask questions about sex, answer as simply and directly as you can.</p>	<p>14 Always speak to your child as you would like to be spoken to.</p>	<p>15 Positive parenting is about love and understanding, not about power and control.</p>
<p>16 Make it a family rule that people are not for hitting or hurting.</p>	<p>17 Newborns will not become spoiled if they receive lots of loving, caring attention and caretakers respond to their crying quickly.</p>	<p>18 Even if you and your partner have different discipline styles, try to agree on a consistent set of rules for your children.</p>	<p>19 Suspect your child is using alcohol or drugs? Discuss the situation with your child, express your concerns and contact a qualified professional if you need help.</p>	<p>20 Don't spank your children—it teaches them to use aggression and violence to solve problems.</p>	<p>21 Instead of spanking, make eye contact with your child at his or her level and gently but firmly explain the behavior you expect.</p>	<p>22 Let your children be part of the family's decision-making process. Ask them for their opinions.</p>
<p>23 Parents' Day A day to appreciate yourself for all you do to care for your children.</p>	<p>24 Praise your children when they follow your family rules.</p>	<p>25 Positive parenting is about giving children clear expectations for their behavior.</p>	<p>26 When children make a mistake, discuss what they've learned and how they'll handle the situation next time.</p>	<p>27 Having family meetings can help resolve a conflict in your household. Let everyone contribute their thoughts.</p>	<p>28 Offer your children choices. They'll learn to think for themselves and make decisions on their own.</p>	<p>29 Setting limits and enforcing them can be tough, but staying consistent helps your children learn to self-regulate their behavior.</p>
<p>30 If children must be home alone, teach them how to reach a responsible adult at all times.</p>	<p>31 Strong, loving family relationships help your kids face the world with confidence.</p>					